

News & Notes

EMERGENCY PREPAREDNESS SAFETY TIPS

The National Fire Protection Association (NFPA) makes the following emergency preparedness safety tips:

- Discuss what to do in an evacuation. When told by officials, go immediately to a shelter as instructed or to the home of a friend or relative who lives out of the area. Find out about your local shelters beforehand.
- Know evacuation routes. Pre-establish several different routes in case certain roads are blocked or closed.
- Family members can become separated during an emergency. Be prepared by creating a plan for how to reach one another. Establish an out-of-area contact (such as a relative or friend) who can coordinate family members' locations and information should you become separated. Make sure children learn the phone numbers and addresses, and know the emergency plans.
- Quiz children every six months so they remember what to do, where to go, and whom to call in an emergency.
- Decide how to take care of pets. Pets are not allowed in places where food is served, so you will need to have a place to take your pets if you have to go to a shelter.
- Post emergency phone numbers (fire, police, ambulance, etc.) by the phone.
- Assemble a family emergency supplies kit and keep a smaller one in the trunk of your vehicle.



"Sleep, sleep, sleep, kick litter out of box, sleep...wait, I'm free from 2:15 to 2:30."

RIDDLES OF THE MONTH

- 1) What month are trees scared of?
- 2) In September, you pick me when I'm good and ready. In October, you cut me intentionally to make me look worse. In November you trash me like you never knew me. What am I?
- 3) What has a head and a tail, but no body?
- 4) What kind of room has no doors or windows?
- 5) What kind of tree can you carry in your hand?

Answers on page 2 **Safety Bits & Pieces**

15 years

In memory of the innocent who perished, and the heroes who served on September 11, 2001.

Safety Matters



Produced by the Insurance Coverage Office

State of Delaware

Issue CXXI

September 2016

Emergency Preparedness

In a disaster, local officials and relief workers cannot reach everyone immediately. Help may not arrive for hours or days. You and your family -- and don't forget to include the needs of those with disabilities -- need to be prepared ahead of time because you won't have time to shop or search for the supplies you will need when a disaster strikes.



Most disasters are natural disasters, the result of some force of nature, such as tornadoes, hurricanes, and floods. Some natural disasters can be predicted, such as hurricanes and severe winter storms, while others, such as tornadoes and earthquakes, happen with little or no warning.

Some disasters are the cause of human actions, intentional or unintentional. A disaster plan will help with safety, security, and comfort.

Regardless of the type of disaster, there are things you can do to prepare. Contact your local Red Cross chapter, visit the DEMA and FEMA Web sites, or Ready.gov to make sure you are aware of the potential for natural disasters in your community. After you have identified the types of disasters that could strike where you live, create a family disaster plan that can apply to any type of disaster – natural, unintentional, or intentional.

Prepare an emergency supplies kit (see page 2 sidebar article, **Emergency Supplies Kit**). Disaster can occur suddenly and without warning. They can be frightening for adults, but they are traumatic for children if they don't know what to do when these events occur. Children depend on daily routines. When an emergency disturbs their routine, children can become nervous. In an emergency, they'll look to parents or other adults to help.

How parents react to an emergency gives children an indication on how to act. They see their parents' fear as proof that the danger is real. A parent's response during this time may have a long-term impact. Including children in the family's recovery plans will help them feel that their life will return to normal.

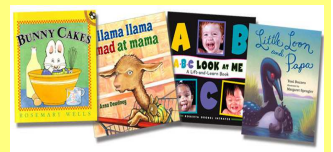
Families should prepare an emergency supplies kit and develop a plan. Practice your plan so that everyone will remember what to do in an emergency. Everyone in the home, including children, should play a part in the family's response and recovery efforts. Remember: make the plan simple so everyone can remember the details.

SAFETY TIP OF THE MONTH

When putting together an emergency supplies kit don't forget to have your children create their own personal pack. Have them include things like a favorite book or stuffed animal. These familiar possessions will help to keep them more comfortable during an emergency. Their personal pack should also include the following:



- *Change of clothes
- *Blanket
- *Books
- *Toys
- *Games
- * Paper and Pencils



Safety Bits & Pieces

EMERGENCY SUPPLIES KIT

Disasters can happen anywhere at any time. By taking the time to create an emergency supplies kit, your family will be prepared in the event of a disaster. The supplies can be kept in a plastic tub, small suitcase, trash can, backpack or other container. Here is a partial listing of the items you should have in the emergency kit:

- * Water – one gallon per person per day for drinking and sanitation (Minimum: 3-day supply)

- * Ready-to-eat food, comfort/stress foods, canned juices (Minimum: 3-day supply)

- * Battery-powered or hand-cranked radio and a NOAA weather radio, and extra batteries for both

- * Flashlights and extra batteries

- * First aid kit

- * Non-prescription drugs such as pain reliever, anti-diarrhea medication, antacid, laxative

- * Prescription medications, contact lenses and supplies, denture needs

- * Whistle to signal for help

- * Infant formula and diapers, if you have an infant

- * Water and pet food if you have pets

- * Moist towelettes, garbage bags and plastic ties for personal sanitation

- * Dust mask or cotton t-shirt to filter the air

- * Plastic sheeting and duct tape to shelter-in-place

- * Wrench or pliers to turn off utilities

- * Can opener for food; aluminum foil

- * A complete change of clothing including long pants, long sleeve shirt, jacket/coat, hat, gloves and sturdy shoes stored in a waterproof container.

- * Sleeping bag or warm blanket for each person

- * Mess kits, paper cups, plates and plastic utensils

- * Cash or traveler's checks, change

- * Paper towels, paper and pencils

- * Tent, compass, signal flares

- * Matches in a waterproof container

- * Personal hygiene items; soap, disinfectant and household chlorine bleach

- * Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container. Remember to include emergency contact numbers, bank account numbers, credit card account numbers and companies

- * Books, games, puzzles, portable music device

RIDDLES OF THE MONTH ANSWERS:

1) Sept-timber

2) A pumpkin or Jack O'Lantern

3) A coin

4) A mushroom

5) A palm

QUOTATION OF THE MONTH

"Strength does not come from winning. Your struggles develop your strength. When you go through hardship and decide not to surrender, that is strength."

Arnold Schwarzenegger

Watch Out for Ticks

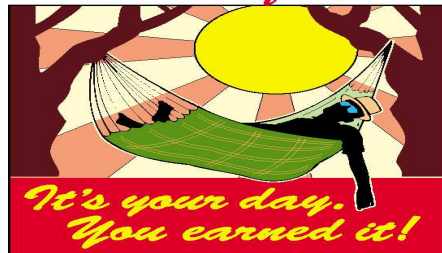
An Oregon State University study has found that a warm Fall season could increase the number of ticks and the incidence of Lyme Disease. The following findings were made:

- The Oregon study focused on blacklegged ticks (deer ticks) found in northeastern states. These ticks have a two-year lifecycle from egg to larva to nymph to adult.
- The weather in October is key to this phenomenon. A warm Fall season pushes the lifecycle ahead by nearly three weeks, making tick season start in April, not May.
- It is believed that one in four tick nymphs carry Lyme Disease.

So what can you do? Follow these 10 tips to avoid Lyme Infection:

1. Wear long pants and sleeves that are tight at the waist, wrists, ankles and neck if you're hiking in grassy or wooded areas. Stay toward the center of hiking paths.
2. Get regular check-ups if you experience common Lyme symptoms, especially if you spend time in high-risk areas.
3. If you discover a feeding tick, use a safe removal method. Proper tick removal will greatly reduce your risk of infection.
4. Check the exposed, hairy regions of your body daily during camping trips. Ticks like to hide in hair. Don't forget to check your scalp!
5. Avoid endemic Lyme areas during the spring/summer. Keep the grass in your yard cut and the hedges trimmed and neat.
6. Check your body and clothes for ticks after being in the garden or the woods. Ticks can cling to the folds of your clothing and bite you when you put the shirt/pants back on.
7. Wear insect repellent when travelling through high-risk areas. Check your friends and family for ticks and have them do the same for you – you can't see your entire back and scalp.
8. Keep your yard clear of potential tick habitats, like piles of dead leaves, long grasses, bushes and woodpiles.
9. Discourage deer from coming into your yard. Deer are one of the main hosts for Lyme-carrying ticks.
10. Work with your veterinarian to ensure your pets are tick-free.

Labor Day 2016



ON THE LIGHTER SIDE...



From the State of Delaware's Office of Highway Safety... Bicycle Safety

Bicycle Safety is always important. There have been two (2) fatalities of bicyclists this year in Delaware. This is two, too many.

Please consider these national statistics:

88% of the bicyclists killed and 80% of those injured were male

48% of bicyclist deaths occurred between 4 p.m. and midnight

24% of those killed while riding bicycles were 45 to 54 years old

9% of bicyclist fatalities and 20% of injuries occurred among children under 16

24% of bicyclist killed had BACs of .08 g/dl. or higher

37% of fatal crashes involved a driver or bicyclist who had been drinking

(Source: NHTSA: <http://www.nhtsa.gov/Bicycles>)

Bicycle safety isn't just for kids! All riders should be educated about their bicycle as well as road safety. Before you get on a bicycle, consider these tips:

1. Protect your head. Wear a (properly fitted) helmet.
2. Assure bicycle readiness. Ensure proper size and function of bicycle.
3. Ride wisely. Learn and follow the rules of the road.
4. Be predictable. Act like a driver of a vehicle.
5. Be visible. See and be seen at all times.
6. "Drive" with care. Share the road.
7. Stay focused. Stay alert.

(Source: NHTSA: <http://www.nhtsa.gov/Bicycles>)